

Soundoff!

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Secretary of Defense Ashton B. Carter greets Garrison Commander Col. Brian P. Foley in front of the Defense Media Activity building as DMA Director Ray B. Shepherd looks on. Carter visited Fort Meade Tuesday to conduct a "World Wide Troop Talk" from the DMA studios.

PHOTO BY MARVIN D. LYNCHARD

Warm greeting

ONCE IN A LIFETIME

Meade kids fulfill flag football dreams

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UPCOMING EVENTS

Today, 10 a.m.-2 p.m.: Technology Expo - Club Meade

Today-Sunday, 9 a.m.-7 p.m.: Case lot sale - Commissary parking lot

Sept. 11, 6:30 a.m.: 9/11 Remembrance/Suicide Awareness Run - Parade Field

Sept. 19, 8 a.m.: Football Fanfare 5K - Constitution Park

SAVING LIVES

ASAP staffer focuses on suicide prevention

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Soundoff!

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Friday, noon
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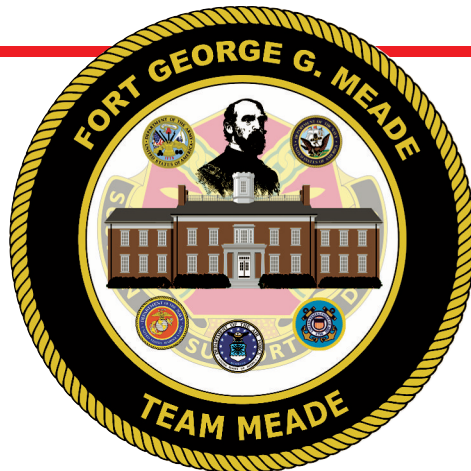
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COMMANDER'S COLUMN

Fire safety for pets

My previous columns have spoken about how to make your house or office fire-safe during winter and while grilling in the summer.

I have written about making sure that your smoke detectors are working properly, cooking safety and how to teach children to be safe around open flames.

But I have neglected one very important part of a lot of our families: The ones that snuggle up to us when it's cold. The ones that greet us at the door with their tails wagging and put a smile on our face after a hard day at work. The ones that make us wait on them hand and foot — our pets. Those four-legged bundles of energy and love that can both drive us crazy and make us smile all within the span of five minutes.

Pets are home alone while we are at work. How safe is it for them while you are gone?

According to the National Fire Protection Association, nearly 1,000 house fires are accidentally started by pets. Not by them smoking in bed, or playing with matches, but by the things they do every day.

Cats have few boundaries on where they can go. Cats can jump onto just about any surface and walk around your house without touching the floor.

Both dogs and cats will get the "zoomies," where they run around at full speed for no reason other than because they can.

What can you do to make sure they are safe other than put them in a crate for the eight to 10 hours you are away?

The American Kennel Club has provided the following tips to protect your home and loved ones from an accidental fire:

- Extinguish open flames. Don't leave your pets unattended around an open flame and make sure to thoroughly extinguish any open flame before leaving your home.
- Remove stove knobs or protect them



Capt. Shaun M. Bagley

FORT MEADE
FIRE
PREVENTION
OFFICER

with covers before leaving the house.

- Invest in flameless candles. These candles contain a light bulb, rather than an open flame, and take the danger out of your pet knocking over a candle.

- Avoid glass water bowls on wooden decks. When filtered through glass water bowls, the sun's rays can heat up and ignite the wooden deck. Choose stainless steel or ceramic bowls instead.

- Keep pets near entrances when you're out. Keep collars on pets and leashes at the ready in case firefighters need to rescue

your pet. When leaving pets home alone, keep them in areas or rooms near entrances where firefighters can easily find them.

- Secure young pets. Especially with young puppies, keep them confined away from potential fire-starting hazards when you are away from home such as in crates or behind baby gates in secure areas.

- Consider using monitored smoke detectors, which are connected to a monitoring center. They allow emergency responders to be contacted when your pets are trapped. These systems provide an added layer of protection beyond battery-operated smoke alarms.

- Affix a Pet Alert Window Cling. Write down the number of pets inside your house and attach the static cling to a front window. This critical information saves rescuers time when locating your pets. Make sure to update the number of pets listed.

Lastly, if you do have to evacuate your house in the event of a fire and your pet is not with you, do not go back in to find them.

Pets are smarter than we give them credit for and can either hide from the danger or find their own way out. Let the arriving units know that your pets are still inside and we will make every effort to rescue them.

Commander's Open Door

Garrison Commander Col. Brian P. Foley has an open door policy.

All service members, retirees, government employees, family members and community members age 18 or older are invited to address issues or concerns to the commander directly by visiting Foley's office on Mondays from 4 to 6 p.m. at garrison headquarters in Hodges Hall, Bldg. 4551, Llewellyn Avenue.

Visitors are seen on a first-come, first-served basis. No appointment is necessary.

For more information, call 301-677-4844.



Be ready!

Today marks the start of National Preparedness Month. NPM is commemorated each September to emphasize the importance of preparedness and to encourage community members and DoD personnel to take simple actions to prepare for emergencies such as tornadoes, hurricanes, active shooters and terrorist attacks. The event concludes Sept. 30 with America's PrepareAthon! national day of action. This year's theme is, "Don't Wait. Communicate. Make Your Emergency Plan Today." Visit www.ready.gov for more.

PHOTO BY AIR FORCE SENIOR MASTER SGT. DAVID LIPP

COMMUNITY CRIME WATCH

FORT MEADE DIRECTORATE OF EMERGENCY SERVICES

Aug. 19, Shoplifting: Police were notified by AAFES loss prevention personnel of a shoplifting at the Exchange. Police viewed video footage that showed two subjects concealing items on their person and exiting the store without rendering payment.

Aug. 22, Shoplifting: AAFES loss prevention personnel stated that she observed the subject conceal a box of fake nails under her shirt and then exit the store without rendering payment.

Aug. 31, Shoplifting: AAFES loss prevention personnel observed a female attempt to leave the store with a pair of shoes without rendering payment.

For week of Aug. 24-30

Moving violations: 35
 Nonmoving violations: 1
 Verbal warnings for traffic stops: 39
 Traffic accidents: 12
 Driving on suspended license: 2
 Driving on suspended registration: 0
 Driving without a license: 1

Military-friendly modifications to Maryland divorce

BY YOSEFI SELTZER
 Legal Assistance Attorney

The process for filing for divorce in Maryland is not quick or easy compared to other states.

Currently, a "no-contest" divorce requires the parties to reside apart for at least 12 months without interruption and for at least one of the parties to reside in Maryland for a year before filing.

Changing the laws is no easy task. Many able legislators and advocates have attempted for many years to make it easier and faster to get divorced, without success.

This year, two pieces of legislation were introduced, passed by both chambers of the Maryland legislature and signed into law by Gov. Larry Hogan. They become effective Oct. 1. They will make it both easier and faster for some service members and spouses to file for divorce in Maryland.

The first successful bill, SB 472, "Family Law - Grounds for Divorce -

Mutual Consent," will allow parties without children of the marriage to file for an Absolute (final) Divorce after entering into a Marital Separation Agreement, eliminating the need for 12 months of legal separation.

The second successful bill, HB 1185, "Family Law - Application for Divorce - Residency Requirement," reduces the Maryland residency requirement from 12 to six months. Together, the bills reduce the length of time the parties must reside in Maryland and wait in order to file for divorce.

Until now, the most challenging difficulties were the 12-month residency requirement and the 12-month legal separation that Maryland requires in uncontested filings for divorce.

Military couples are transient by definition. Spouses in Maryland — simply because they were living with the service member and who seek to move elsewhere for family support, education or job opportunities — could often be stuck in Maryland until their Absolute Divorce can be finalized.

In addition, service members who deploy or receive Permanent Change of Station orders are forced to move out of state. In both situations, residency requirements to file for divorce present a hardship that could prevent either party from filing here.

Beginning Oct. 1, SB 472 will allow the parties without children of the marriage to enter into a Marital Separation Agreement and then immediately proceed with filing for an Absolute Divorce without having to wait an entire year of legal separation.

This assumes at least one of the parties meets the residency requirement to file, which will be reduced to six months, thanks to the enactment of HB 1185.

Although each bill addresses different requirements to file for divorce in Maryland, they both will make it easier for certain military couples seeking to file in Maryland to do so before one or both relocate out of state.

By definition, Marital Separation Agreements are a way to reduce conflict

in divorce cases. They can achieve amicable results and minimize court time, and the costs and time involved with litigation and legal jurisdictional challenges that are created if the parties relocate out of Maryland before the divorce proceedings are completed.

In uncontested cases, Marital Separation Agreements and divorce pleadings can be prepared by many military Legal Assistance offices within the Military District of Washington for service members, retirees and dependents, free of charge. These services save military clients time, expense and the aggravation of prolonged litigation.

The SB 472 and HB 1185 bills are strong steps in the right direction to make Maryland a more "military-friendly" state by reducing unique difficulties faced by inherently transient military couples who mutually agree to divorce.

To discuss your personal, domestic relations questions, call the Legal Assistance Office to schedule an appointment at 301-677-9504 or 301-677-9536.

Suicide prevention remains priority for garrison

BY LISA R. RHODES
Staff Writer

Torrie Osterholm has been Fort Meade's new Suicide Prevention Program manager for only two months, but she has already hit the ground running.

September is National Suicide Prevention Month and Osterholm is coordinating several key events.

On Sept. 11, the Army Substance Abuse Program staff, along with Fort Meade trainers from the Army's Applied Suicide Intervention Skills Training course, will support the garrison's annual 9/11 Remembrance Run. ASAP personnel and the ASIST trainers will man a suicide prevention education display, distribute water bottles and participate in the run scheduled for 6:30 a.m. at McGlachlin Parade Field.

On Sept. 28, Donna Holland Barnes, an expert in suicide and suicide prevention, will be the guest speaker for Fort Meade's National Suicide Prevention Month observance. The event will be held from 9 a.m. to noon at McGill Training Center.

Barnes teaches suicide risk management for the College of Medicine's Department of Psychiatry at Howard University and serves on the military task force for the National Alliance for Suicide Prevention.

"Our goal is to inform our community [and] to raise community awareness about suicide," Osterholm said. "These programs help promote a better understanding of individuals contemplating suicide or self-harm, and how we can all have an active role."

"Folks struggling can be our family members, co-workers and neighbors. Suicide can affect our strongest, our loved ones. So the question always is, 'How can I help?' If people come to our programs, we can teach the 'how' part."

Osterholm replaces Marissa Pena, who left in May.

Prior to her new position at ASAP, Osterholm worked as the installation's Substance Abuse Prevention coordinator for almost a year. Before coming to Fort Meade, she worked as the suicide prevention coordinator for the VA Healthcare System, utilizing her skills as a senior clinical social worker.

"I saw clients and responded to active callers from the [suicide prevention] hotline," Osterholm said.

For four years, Osterholm served as an enlisted Airman before entering the private sector. She used the GI Bill to earn a bachelor's degree in psychology from Pennsylvania State University and a master's degree in social work and social research from Bryn Mawr College in Pennsylvania.



PHOTO BY LISA R. RHODES

Torrie Osterholm, Fort Meade's new Suicide Prevention Program manager, discusses several upcoming suicide prevention events with Capt. Paul Kunnas (left) of the 3-312th Training Support Battalion and Sgt. 1st Class Erick Sowell of the 742nd Military Intelligence Battalion. Both Soldiers are volunteers with the Suicide Prevention Program.

She is a licensed clinical social worker.

"When I was active duty in the Air Force, I didn't know there were professional helpers to help people when they are struggling," Osterholm said. "I just feel that this is what I'm supposed to do. I have to be part of helping people — it's my mission."

"In regard to suicide, people don't want to talk about it. It's in a dark place, but we have to take it out into the open."

Karen Collins, Fort Meade's new director of ASAP since June and Osterholm's supervisor, said she has definite goals for the garrison suicide prevention program.

"My goal for Torrie, as well as the other prevention personnel within this program, is to work from a holistic and collaborative model," Collins said. "This means that programs and prevention are powered by the thought that issues do not happen in isolation. Suicidal ideation and thoughts are precipitated by any number of things."

"We have to proactively address the underlying factors in order to help prevent suicide in our community. The prevention that we do stresses resiliency and the ability to bounce back from adversity."

Osterholm has three main goals: to create a team of volunteers who are trained as gatekeepers to help spread the word about

the prevention of suicide in the Fort Meade community; provide a two-hour suicide prevention education training session for all new DoD civilians and military personnel during the first 60 days of their arrival to Fort Meade; continue providing the Army's Applied Suicide Intervention Skills Training course on a monthly basis, and to specifically train all garrison leaders.

Osterholm said that providing suicide prevention training for all new DoD civilians and military personnel would be an important first step in educating the workforce about suicide.

"This way, we begin our dialogue about suicide prevention and the need for safeguards in our community as we welcome all new arrivals to the garrison," she said. "It's the perfect 'hello' at the front door. I think it sends a clear message that we care about our Meade family here."

Fort Meade will host free regional training Sept. 14-18 for trainers who teach the Applied Suicide Intervention Skills Training course. The five-day T4T course is the first step participants take in becoming a certified ASIST trainer.

Collins said Osterholm is highly equipped for her new job. She describes Osterholm as "passionate, knowledgeable and an

advocate."

Osterholm said one of her immediate priorities is supporting the garrison's current ASIST trainers and spreading the word about the program to all of the military units on post. ASIST is open to active-duty service members, DoD civilians and retirees.

Two certified ASIST trainers also serve as volunteers for the Suicide Prevention Program. Sgt. 1st Class Erick Sowell of the 742 Military Intelligence Battalion and Capt. Paul Kunnas of the 3-312th Training Support Battalion have been donating their time to work with Osterholm. Both Soldiers volunteered for Pena as well.

"They are devoted individuals who have really stepped up to support me in this role," Osterholm said. "I remain overwhelmed, but they often take leave and work on weekends in their respective communities as well as on Fort Meade. They are both remarkable Soldiers. ..."

"It is really a model for Soldiers helping Soldiers. This could be our best practice model. You can teach heart, and they sure have it."

Editor's Note: For more information on ASIST, contact Torrie Osterholm at 301-677-6541.

Celebrating women in the military

BY LISA R. RHODES

Staff Writer

The recent graduation of two women from the U.S. Army Ranger School had particular significance for retired Air Force Brig. Gen. Wilma L. Vaught.

A pioneer in her own right for women's equality in the military, Vaught was the first woman to be promoted to brigadier general in the comptroller career field in 1980.

"I think it's a tremendous achievement," Vaught said of the women who graduated Ranger School. "It's a barrier-breaking event."

Vaught shared the accomplishments of other women in the military during her guest speech for Fort Meade's Women's Equality Day observance on Aug. 27.

The 90-minute event was hosted by the 704th Military Intelligence Brigade at McGill Training Center.

Lori Shuford, executive assistant for the 704th MI, read President Barack Obama's proclamation for this year's Women's Equality Day observance.

Lt. Col. Jacquelyn Barcomb, deputy commander of the 704th MI, welcomed the audience and called Vaught "a pioneer who helped shape the incredible lineage of women in military service these past several decades."

Barcomb and Command Sgt. Maj. Lawrence Hoke, also of the 704th MI, later presented Vaught with a plaque of appreciation.

Vaught began her speech by highlighting the courage and service of early women trailblazers such as Margaret Cochran Corbin, who decided to follow her husband to war and served in the American Revolution. During the Battle at Fort Mifflin on Oct. 4, 1776, Corbin went with her husband onto the battlefield and helped him load the cannon. When her husband was killed during the battle, Corbin continued to fire the cannon, but was later badly wounded. Years later, she became the first woman to receive a military pension.

Vaught also credited Deborah Sampson, who also fought in the American Revolution, but disguised herself as a Soldier named Robert Shurtliff. She enlisted in the spring of 1781, and was later assigned to a scouting party to assess the British buildup of men and material in Manhattan. Gen. George Washington was planning an attack on the area.

Sampson and the other scouts were later attacked by British sympathizers and troops. For more than two years,



PHOTO BY PHIL GROUT

Retired Air Force Brig. Gen. Wilma Vaught discusses the evolution of the equality of women in the military during Fort Meade's Women's Equality Day observance on Aug. 27 at McGill Training Center.

Sampson's sex was undetected. But in 1783, she was found out by a doctor and received an honorable discharge.

Vaught joined the Air Force in 1957, about a decade after President Harry Truman signed the Women's Armed Services Integration Act of 1948. The law opened up the military to women as permanent, regular members, but with several restrictions.

Each service branch had to limit the number of women to 2 percent of its overall force. Women also were not allowed to serve in combat or command men.

But Vaught was undaunted. In 1966, she became the first woman to deploy with a Strategic Air Command bombardment wing on an operational deployment.

A year later, the military lifted its cap on the number of women who could serve and women were allowed to serve as general officers.

In 1969, Vaught was assigned as a management analyst in the Office of the Deputy Chief of Staff, Comptroller, Military Assistance Command in Saigon,

Vietnam.

In 1972, Vaught became the first female Air Force officer to attend the Industrial College of the Armed Forces, now known as the Dwight D. Eisenhower School for National Security and Resource Strategy. When she retired from the Air Force in 1985, Vaught was one of only seven women generals or admirals in the U.S. Armed Forces and only one of three in the Air Force.

Before ending her speech, Vaught recognized Staff Sgt. Cantress Noel Mabery, noncommissioned officer-in-charge of the specialty clinic at Kimbrough Ambulatory Care Center. Mabery enlisted in the Army on Oct. 18, 1997, the day the Women In Military Service For America Memorial was dedicated. Vaught is president of the memorial's board of directors and led efforts to create the memorial, which honors women's wartime contributions.

"It was a great day, something I will always be proud of," Mabery said of her enlistment. "It was an honor to do so."

In an interview after her speech, Vaught said almost all of the jobs in the

Air Force are open to women today, except for those that pertain to special forces.

Vaught said women should only be allowed to serve in special forces "if they're able to do it — and that's the way it ought to be."

"That's been my position for years. Women should be permitted to do what they can physically and mentally do. If you can't do it, you shouldn't be out there. If you're male and you can't do it, you shouldn't be out there."

Vaught said a military career is a viable option for any young woman.

"I believe that a period of time in the military can be important," she said. "You learn so many things that you wouldn't learn in any other job. You learn management, leadership, how to get along with people and what you need to know to get along in the world. A period of time in the military can help you achieve success in life."

Editor's Note: Material for this article was taken from the National Women's History Museum, the U.S. Air Force and National Public Radio websites.

THE CHALLENGE IS REAL. THE SOLUTION IS ALL OF US.

REDISCOVER THE POWER OF SERVICE AS WE PACK MORE THAN 1 MILLION MEALS FOR THE REGION'S STRUGGLING SENIORS

In the D.C. area, too many hardworking Americans 50 and older are struggling. Through no fault of their own, they're struggling to hold on to their jobs, homes, food supply, social connections and basic legal rights. That's why on this September 11th National Day of Service and Remembrance, AARP Foundation is working with our supporters to spearhead A Celebration of Service on the National Mall in Washington, D.C.

Our goal: to pack more than one million meals that will be distributed to struggling seniors, including veterans and first responders. Join us in our nation's capital as we gather to honor the victims of 9/11, while working together to help older Americans. The solution really is all of us—let's come together to give back and to be of service.



A CELEBRATION
OF SERVICE

AARP
FOUNDATION

9|11|2015

NATIONAL MALL
WASHINGTON, DC

TO VOLUNTEER, VISIT
ACELEBRATIONOFSERVICE2015.ORG

Workshop targets budding entrepreneurs

BY ALAN H. FEILER
Staff Writer

Rich Moulton believes he has a gem of an idea.

A government contractor who retired from the Air Force last year after two decades in uniform, Moulton wants to create a luxury jewelry brand.

Moulton came up with the idea after his wife, Zahide, expressed frustration about seeing the same mass-produced jewelry virtually everywhere.

"For a woman with refined, exotic tastes, this would be jewelry from around the world and it would be unique handmade silver and gold jewelry," said Moulton, a combat veteran and father of two who lives in Odenton.

"I stayed in the military for 20 years because I didn't know what I wanted to be when I grew up. I'm happy with my current job, but I'd like more freedom to carve my own path. I want to eventually be my own boss with my own entity and resources."

Moulton and 13 other active-duty and retired service members, mostly in their 20s and 30s, attended the Operation Boots to Business workshops offered Aug. 26-27 at the Fleet and Family Support Center.

Started in 2013, Boots to Business provides education, training and resources on entrepreneurship to transitioning service members, retirees and their spouses at military installations around the world. The program is administered through the Small Business Administration, the Department of Defense and the Department of Veterans Affairs as part of DoD's Transition Assistance Program.

The curriculum includes steps on assessing the viability of business concepts, the foundational knowledge required for a

business plan, and information on resources for start-up capital and technical assistance.

"The people in the military are sacrificing a lot, and we owe it to them to do our best for them," said Mark Williams, veterans business development officer for the SBA's Baltimore office.

Williams is the coordinator of the Boots to Business workshops held six to seven times annually at Fort Meade. The free workshops are also presented regularly at Aberdeen Proving Ground, Fort Detrick, Naval Air Station Patuxent River and the U.S. Naval Academy.

A retired Marine and former Defense Information School instructor, Williams said transitioning service members often are unaware of all the resources available to them for starting their own businesses. Such information is crucial in an economy in which the jobs market is shrinking, he said.

"The two main things they need to know are what it takes to start a business and how to find the resources," Williams said. "Being a veteran doesn't give you much weight when you borrow money. It has to be a good business decision or a bank won't lend you money."

"The lenders try to give leeway to veterans, but it can't be a bad deal."

Among the topics at the workshops were an introduction to the entrepreneurial experience; understanding how to conduct market research and competitive strategy/analysis; an overview of the legal considerations affecting veteran-owned businesses; how to finance a start-up venture; locating resources to support a successful launch and sustainable growth; the pros and cons of franchising; and creating a viable business plan.

Williams noted that the SBC, in conjunction with the Whitman School of Manage-



PHOTO BY ALAN H. FEILER

Gabe Omaru of the Corridor Region Small Business Development Center chats with an Air Force veteran and aspiring entrepreneur at last week's Operation Boots to Business workshops.

ment at Syracuse University, N.Y., also offers a free, eight-week online business-plan development course as part of Boots to Business.

"We're just letting people know all the options out there," Williams said, "I look at it as a reality check. All you can do is give them an [introduction]. They see there are people out there that will help you for free. You just have to do your research"

In addition to Williams, guest speakers and instructors at last week's workshops were David Buck of The Entrepreneur's Source, Bonnie Barresi of the Maryland Capital Enterprises Women's Business Center, and Gabe Omaru of the Corridor Region

Small Business Development Center.

Omaru said he enjoys talking to service members and veterans about entrepreneurship.

"It's very rewarding," he said. "A lot of people take early retirement and want to run a business for the next 20 or 30 years. Finding a job after the military is very difficult. But if you own your own business and are passionate about it, it can help you for a long time."

"You have to be willing to work 12 hours a day and put yourself through a lot of stress. We try to inform and educate people, so they can prepare and plan."

Navy Petty Officer 1st Class Reauthie Yun, who works at the National Security Agency, said he learned a lot from the workshops. After leaving the Navy next year, Yun hopes to start a financial consulting business for middle-income families.

"I want to be able to do whatever I want, whenever I want, without having to ask for time off," Yun said. "I don't want to be told when to work and at what salary. I want to own my own business and have my freedom. That's the American dream."

"This [workshop] has helped me figure out who I want to target and how a business gets started."

Moulton agreed.

"They've helped us understand the process and all the resources available," he said. "A lot of people have ideas; it all comes down to execution. This has been very helpful to me."

Editor's note: For more information about Boots to Business, call 410-244-3329 or email mark.williams@sba.gov. To participate in the program, service members can contact their transitioning office or the Small Business Administration.

Water main flushing continues Monday

American Water is continuing its Water Main Flushing Program on Monday.

The purpose of the program is to provide the best quality water available to customers by removing any buildup of sediment that may have occurred in the water lines.

Flushing may result in some temporary discoloration and the presence of sediment in the water. These conditions are not harmful and should be of very short duration.

During the hours between 8 a.m. and 4 p.m., limit your use of water to help prevent discolored water reaching service lines to your residence.

If you notice an increase in discolored water at your residence, flush all faucets inside for 15 minutes. If the water does not clear up, contact the Water Treatment Plant at 443-591-0909.

This number is monitored daily 24/7, 365 days a year.

Areas that may be affected by

planned flushing for Monday through Sept. 11 are:

- Reece Road
- Annapolis Road
- Patton Drive
- Sidman Court
- Fox Lane
- Scott Lane
- Cain Circle
- Mackall Court
- Howard Circle
- 19th Street
- 20th Street

- 201/2 Street
- 21st Street
- 22nd Street
- H Street
- I Street
- G Line Road

Streets adjacent to Annapolis Road and Reece Road may see a temporary change in their water during flushing activities.

Signs will be posted ahead of any flushing activities to notify customers.

Program aims to retain qualified NCOs in Army

BY TANESHA MATTHEWS PETTY

Attorney Advisor
Legal Assistance Division

AR 635-200 authorizes the secretary of the Army to initiate the involuntary separation of Soldiers.

One of the ways this is done is through the Qualitative Service Program, or QSP. Only noncommissioned officers who have attained the rank of staff sergeant (E-6) or above are subject to separation via the QSP.

The Army uses the QSP process “when authorization limitations, strength restrictions, or budgetary constraints require the active-duty enlisted force to be reduced in number.” (Human Resources Command, 2015)

The goal of the program is to retain the best qualified Soldiers, who have the greatest potential for future contributions to the Army. (Human Resources Command, 2015)

When a Soldier has been designated to be involuntarily separated via the QSP, Human Resources Command will forward a notification memorandum to the Soldier via his or her chain of command. Attached to the memorandum will be a statement that details the Soldier’s options in response to the QSP.

Options are tailored to each individual Soldier, depending on the number of years of active federal service the Soldier has at the time of separation.

The Soldier may wish to seek legal advice prior to making an election. The notice will contain one or more of the following options:

(1) Voluntary retirement if the Soldier has completed 20 years of active federal service in the U.S. Armed Forces as of the

separation date

(2) Retention on active duty until the Soldier reaches 20 years of active federal service for those Soldiers with 18 – but less than 20 – years of service as of the separation date

(3) Voluntary retirement under the Temporary Early Retirement Authority for Soldiers with more than 15 – but less than 20 – years of total active-duty service

The opportunity to retire under TERA is expected to end by Dec. 31, 2018. For more information regarding how benefits and entitlements are affected under TERA, contact your local transition center or HRC.

(4) Accept that the Soldier will be separated on the date identified.

(5) Elect to do an early separation.

(6) Submit an appeal to request retention on active duty.

The basis for appeals are newly discovered evidence; the subsequent removal of documents from the Soldier’s Army Military Human Resources Record; and/or material error in the AMHRR when reviewed by the selection board.

If an appeal is denied, the Soldier may appeal to the Army Board for Correction of Military Records, which is part of the Army Review Boards Agency.

(7) Be assigned to a warrior transition unit or enrollment in the Integrated Disability Evaluation System.

(8) Identify as deployed and give the Soldier’s anticipated redeployment date.

(9) Reclassify to a new military occupational specialty.

For personalized advice, call the Fort Meade Legal Assistance Office to schedule an appointment with an attorney at 301-677-9504 or 301-677-9536.

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PHOTO BY TINA BELLER

Army officials say the service will meet its mission of 59,000 active-duty accessions who enter basic combat training for this fiscal year. However, Army recruiters are still working to fill forecasted shortages in the Army Reserve and Delayed Entry Programs.

Army sees challenges ahead to recruiting more Soldiers

BY DAVID VERGUN
Army News Service

This fiscal year, the Army will make its mission of 59,000 active-duty accessions who enter basic combat training, Maj. Gen. Jeffrey Snow said.

However, there will be about a 2,000-person shortage in the Army Reserve accessions this fiscal year, with the mission being 17,300, said Snow who serves as commander of U.S. Army Recruiting Command at Fort Knox, Ky.

Aside from accessions, there is a shortage forecast of about 7,000 in the Delayed Entry Program this fiscal year. While a DEP shortage will not have an impact on this fiscal year's accessions, it will make meeting the active-duty accession mission difficult in FY2016, said Kelli Bland, USAREC public affairs chief.

"Even though we will make our mission this year, that does not mean this isn't an

incredibly challenging recruiting environment," Snow said.

Only 29 percent of Americans, ages 17 through 24, are even eligible to serve in the Army.

"This, coupled with the lower unemployment rates, have made it more difficult for the Army to find young people who are both eligible to serve and who have a desire to serve," he said.

Snow said that many young people think they must make a choice between going to college or joining the Army. But Snow said there's a real opportunity to do both.

Besides career training, the Army provides monetary benefits for higher education.

Beyond the benefits, he said, the Army provides a chance to serve the nation.

Snow also said there is a perception that youth today are less committed to service, but he doesn't believe that is true.

"That's not consistent with my personal

observations," he said. "Many do care, and they want to join the profession that makes a difference."

As the economy improves, Snow said, it can create the impression that the Army fills its ranks with civilians who have failed to find a job. But that too, he said, is a fallacy.

"I believe we're competing for quality," he said. "I want to change the dialogue so people are not viewing the Army as a last resort, but as a first choice."

Recruiters are doing a tremendous job, Snow said. But unfortunately, about 50 percent of high schools are not providing access to those recruiters.

This limits the amount of information students are receiving about the Army.

"I'd like to explore ways to increase access," he said.

Bland said that within the 71 percent of youth ineligible to join the Army, the three most common disqualifiers are obesity, medical issues and drug use. Other dis-

qualifiers include inadequate education, mental health challenges and a criminal history.

Of the 29 percent of youth who qualify for service, Bland said only one in four have a strong desire to serve.

Many of those have other career or educational plans, she said. Others have negative perceptions about the military, as well as a lack of understanding about the educational and leadership opportunities the Army offers.

"Our target market increasingly perceives risks to joining the Army and, at the same time, they are less persuaded by the educational, career and lifestyle benefits of the Army," she said.

For several years now, the pool of youth eligible to join the Army has remained steady at about 29 percent. But if the Centers for Disease Control and Prevention predictions for a 33 percent increase in obesity throughout the next 15 years are correct, Bland said, the Army will see the pool of eligible applicants continue to decline.

Bland said she thinks it's important for young people and their parents to know the benefits of service, including valuable career training; tuition assistance while on active duty or in the Reserve; and financial assistance to repay qualifying student loans.

An additional benefit of service is the GI Bill, which includes expanded educational benefits, medical and dental care, and eligibility for the Thrift Savings Plan, which is similar to a 401(k).

Despite these challenges, the Army has continued to maintain high standards for those allowed to enter service, Bland said.

The Army's FY2015 "quality indicators" continue to exceed the Department of Defense requirements for the percentage of recruits who have a high school diploma.

Additionally, Bland said, the Army continues to recruit a higher percentage of high-scorers on the Armed Forces Qualification Test — a subset of the Armed Services Vocational Aptitude Battery — than what the DoD requires.

Scores on the Armed Forces Qualification Test are based on arithmetic reasoning, word knowledge, paragraph comprehension and mathematics knowledge.

In FY15, Bland said, the Army expects that 98 percent of its recruits will have a high school diploma. The DoD requires that only 90 percent have diplomas.

Additionally, she said, although the DoD allows a maximum of 4 percent of applicants who score in category IV, the second lowest category on the Armed Forces Qualification Test, Recruiting Command predicts only .7 percent will fall into this category for FY15.

"This is another positive indicator of the high-quality recruits we are enlisting this year," Bland said.

Having a ball

Meade youngsters play flag football at Ravens stadium

BY ALAN H. FEILER
Staff Writer

Playing a quick game of flag football on the field at M&T Bank Stadium in front of 71,000 Ravens and Redskins fans is an experience Ryan Lambert says he'll never forget.

"I felt like I was really important out there. It was amazing to have all those people watching us," said Ryan, 10, a fifth-grader at Pershing Hill Elementary School. "I was kind of nervous, but it felt good. I felt special."

Ryan was among 24 elementary school students who participated Saturday evening in a six-minute halftime exhibition of flag football at the Baltimore Ravens-Washington Redskins preseason game.

Most of the students attend Manor View, Meade Heights and Pershing Hill elementary schools.

The youngsters, who range in age from 8-11 and whose parents live or work on Fort Meade, are enrolled in the NFL Flag Football League supervised by the Child, Youth and School Services sports staff.

The league is sponsored by NFL Play 60, a campaign designed to combat childhood obesity through in-school, after-school and team-based programs.

The Ravens donated 100 tickets for the game, which the Redskins won 31-13, to families affiliated with the league as well as to four coaches and two CYSS staff members.

The players, coaches and staffers participated in pregame festivities, holding up a "Play Like A Raven" banner, and were viewed on the Jumbotron. They also were on the field during the singing of "The Star-Spangled Banner" and a fireworks display as Ravens players were introduced.

The youngsters — dressed in Ravens jerseys and Under Armour shorts — were delighted as the players ran by and gave them high-fives. They also were on the field while some of the players practiced.

"The kids were going nuts, and all of the coaches were like, 'This is really cool.' It was pretty amazing. They were punting, and the balls were flying over our heads," said Hunter Davis, sports director of CYSS.

Davis said a team representative contacted him in early August about bringing CYSS players to a preseason game to showcase flag football.

Last year, CYSS players attended a Ravens practice at the team's Owings Mills training facility. In addition, several players came to Fort Meade last November for an NFL Play 60 clinic for football drills with youngsters.

"They really want to build on the partnership with us," Davis said. "It's pretty cool."

During the first quarter of Saturday's game, the CYSS group hung out in the lower-level concourse, watching the game on TV screens and practicing football moves.

"The kids had a lot of energy," Davis said.

Ken Thomas, a government contractor and coach whose 7-year-old son Jayvon participated in the exhibition, agreed.

"We had to keep them moving and entertained between the pregame and being on the field," the Odenton resident said. "We kept them occupied, and they kept us occupied."

The group was taken to an area beneath the stadium during the second quarter and brought up to the field during the final two minutes of the game's first half.

The youngsters and coaches were then spirited to the 20-yard line, playing seven-on-seven matchups. Parents were permitted to take photos from the lower-level area.



PHOTO COURTESY OF THE BALTIMORE RAVENS

Terrence Moultrie catches the ball at the flag football exhibition during halftime at Saturday's game at M&T Bank Stadium in Baltimore. Approximately 71,000 Ravens and Redskins fans were in the stands, cheering on the youngsters.

"People in the stands were going nuts, cheering the kids on," Davis said. "Once the kids were playing the game, they just tuned the crowd out and focused. Nothing else mattered for those six minutes. We didn't keep score. They just had fun."

"We wrapped up when the kickers came out to practice," he said. "It really was a once-in-a-lifetime opportunity. This experience will stay with them forever."

After the exhibition, most of the CYSS players, coaches and their families went home.

Antonio Austin, a fifth-grade student at Waugh Chapel Elementary School in Odenton, said he was excited to get so close to the Ravens.

"It was the first time I've actually been to a football game," the 10-year-old said. "I could feel the heat from the fire canons [during the pregame]. My eyes got watery and my glasses fogged up. But it was

exciting to be there. [The field is] a lot bigger than you would think."

His father Capt. Jeremy Austin, a telecommunications specialist at the Defense Information Systems Agency, praised the coaches and staffers for keeping the youngsters in line.

"The kids didn't have much of a chance to see that so many people were watching them. The coaches did a great job with the pace," he said. "I played college football in midsize stadiums, but nothing like that. I was really excited for [Antonio]. It's a neat experience, a cherished memory."

Deonzi Gray, 10, said he, too, will cherish the memory.

"It went by really, really fast, but I had a lot of fun," the Manor View fifth-grader said. "I really love flag football, all the catching and running. My favorite part of the night was getting a touchdown. That was great."



PHOTO COURTESY CHILD, YOUTH AND SCHOOL SERVICES

Twenty-four elementary school-age students from the NFL Flag Football League supervised by Child, Youth and School Services took the field during halftime at Saturday night's Ravens-Redskins game.

Keep active

Experts urge focus on fitness year-round

BY LISA YOUNG

Health Educator, Public Health Command

Get up, get out and get moving!

This is what the World Health Organization recommends as part of its global strategy on physical health and activity.

Regular physical activity can reduce your risk of hypertension, diabetes and depression, and it can improve your bone health and cardiorespiratory and muscular fitness.

As the summer season ends, do not let the changes in weather and daylight keep you from staying active. Commit to maintaining your health through regular activity during all the seasons of the year by not limiting your idea of physical activity.

Leisure time events, transportation, occupational tasks, household chores, games, sports, planned exercise, and family and community activities all count.

“Your work hours and family commitments may challenge you, but it is all about making a decision to take control of your own life, and sticking with it,” said Col. David Bitterman, chief of staff for the Southern Regional Command for the U.S. Army Medical Department.

“It’s about rounding up your family on the weekends, visiting local parks or playing soccer with your kids instead of watching them play.”

The Performance Triad encourages us all to achieve 15,000 steps a day, use proper resistance training techniques and prevent injuries.

Doing something convenient and that you enjoy, makes staying active easier. Walking, jogging, cycling, swimming, muscle strengthening and endurance resistance training are some of the ways to be physically active.

Staying physically active can:

- Increase energy
- Tone muscles, easing back pain
- Reduce stress, helping you relax



FILE PHOTO

Weight-training exercises are an important part of any fitness program and can be performed year-round. Gaffney Fitness Center offers free access to weight-training machines and a variety of free weights.

and sleep better

- Manage body weight by burning more calories and controlling appetite
- Reduce risk of heart attack and type 2 diabetes
- Manage high blood pressure and diabetes

- Slow osteoporosis bone loss

Be sure to consult a health care provider so that there is no health problem or physical reason that would limit your exercise.

The following tips are important to ensure your safety and the effectiveness of your activity:

- If you are walking or running, choose safe places with several different routes for variety.
- Schedule time in your daily routine that you can keep up with consistently.
- Find a partner or group of people to exercise with.
- Wear athletic shoes that fit well, will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- Wear a hat — a warm knit cap in the winter and a baseball cap in the summer.
- Begin with a warmup, for five to seven minutes. A focused and tailored warmup can increase performance and decrease the risk of injury.
- Gradually increase your activity to a moderate pace for the main routine. Cool down by ending with slower activity for five minutes.

- Stretch the major muscle groups (back, chest, hips and legs) afterward. Hold each stretch for 20 seconds.

- Exercise most days of the week, but plan for at least three to five.

- To prevent injury, do not increase your intensity and your distance or time in the same week. If you exercise less frequently, increase intensity slowly.

- Drink water before, during and after you participate in an activity.

- Stay aware of your surroundings.

- Wear bright colors or reflective tape after dark so that motorists can see you.

A successful physical activity program that lasts throughout the year takes commitment. As motivation, purchase an activity tracker to count how many steps you take, the distance you go and how long it takes.

An activity tracker might help you go an extra lap around the neighborhood to get to 15,000 steps. Trackers are able to detect body motion, count footsteps, display calories burned, distance walked and time elapsed.

Joining a fitness group can also be fun and a way to make new friends.

Things will interrupt your plans to stay physically active. Don't let a few days off sabotage your dedication to stay fit and maintain good health.

Keep from getting discouraged by setting realistic goals. Include simple lifestyle changes that will increase your daily activity like taking the stairs, parking at the end of the parking lot or walking the dog twice a day.

Even though staying active can be difficult with changes in the weather or job schedules, keep your goals in mind.



FILE PHOTO

Alyssa Benitez leads the pack during the Army Birthday Summer Sizzler 5K in June.

SPORTS SHORTS

Fort Meade Run Series

The annual Fort Meade Run Series continues with the following events:

- Football Fanfare 5K: Sept. 19, 8 a.m., Constitution Park
Preregistration ends Sept. 10.
- Ghosts, Ghouls & Goblins 5K: Oct. 24, 8 a.m., The Pavilion
- Turkey Trot 5K: Nov. 21, 8 a.m., Murphy Field House
- Reindeer Run 5K: Dec. 19, 8 a.m., Murphy Field House

All runs are open to the public and include a 1-mile walk.

Preregistration for individuals costs \$15. Registration on event day costs \$25.

Preregistration costs \$45 per family of three to six people and \$60 on the day of the event. Preregistration for groups of seven to 10 runners costs \$85.

All preregistered runners will receive a T-shirt. For more information, call 301-677-3318.

Dollar Days hours change

Dollar Days at the Lanes is now offered daily from 10 a.m. to 4 p.m.

Bowlers receive a game of bowling, shoe rental, a hot dog, hamburger, small fries, pizza slice or medium soda for \$1.

For more information, call 301-677-5541.

EFMP bowling

The next Exceptional Family Member Program bowling event is Sept. 16 from 5:30-7:30 p.m. at the Lanes.

Exceptional Family Members bowl one game free with free shoe rental.

The event is held the third Wednesday of the month.

Registration deadline is noon Monday during the week of the event.

For more information or to register, call 301-677-4779.

Cosmic Bowling

The Lanes at Fort Meade offers Cosmic Bowling on Saturday nights from 7-11 p.m.

For more information, call 301-677-5541.

Aerobics classes at Gaffney

Get your heart rate up at Gaffney Fitness Center.

Gaffney offers a variety of fitness classes at different times to accommodate customers.

Patrons can purchase a punch card or just drop in and pay for classes as they go.

Classes are open to all authorized users ages 18 and older.

Check out the full schedule of classes at ftmeademwr.com.

For more information, call the fitness

coordinator at 301-677-2349.

Body tone

Gaffney Fitness Center is offering a full-body resistance-training class on Tuesdays from 5:15-6:15 p.m.

Classes are open to all authorized users ages 18 and older.

For more information, call 301-677-2349.

Youth Sports fall registration

Registration for fall sports is underway.

Fall sports include: NFL Flag Football, volleyball, tennis, soccer and cheerleading.

To register or for more information, go to ftmeademwr.com or call 301-677-1179 or 301-677-1329.

Youth Sports seeks coaches

Volunteer coaches are needed for baseball, softball, tennis, lacrosse, basketball, track, NFL Flag Football and soccer.

All volunteers will receive free training and will be certified through the National Youth Sports Coaches Association.

All volunteers must complete a background check.

Apply at the Child, Youth and School Services' Youth Sports & Fitness Office at 1900 Reece Road.

For more information, call 301-677-1179 or 301-677-1329.

Zumba classes

Zumba classes are offered Wednesdays from noon to 12:45 p.m. and at 5:30 p.m.; Tuesdays and Thursdays at 7 p.m.; and Mondays at noon, 5:30 and 6:35 p.m. at Gaffney Fitness Center.

Zumba Gold for seniors is offered Tuesdays and Thursdays at 10 a.m.

The class, which incorporates Latin dance, is open to all authorized users age 18 and older.

For more information, call 301-677-2349.

Football referees wanted

CYSS Youth Sports is looking for volunteer NFL Flag Football referees for ages 6-12.

If interested or for more information, call the Youth Sports office at 301-677-1329 or 301-677-1179.

Tae kwon do

Child, Youth and School Services offers tae kwon do classes for youths of all ages Tuesdays and Thursdays at the Youth Center.

Classes are broken into different age groups. Cost is \$45 for ages 4 to 6 and \$85 for ages 7-17.

For more information, call 301-677-1149.

NEWS & NOTES

*The deadline for Soundoff! community "News and Notes" is **Friday at noon**. All submissions are posted at the editor's discretion and may be edited for space and grammar. Look for additional community events on the Fort Meade website at ftmeade.army.mil and the Fort Meade Facebook page at facebook.com/ftmeade.*

NEWS & EVENTS

New way to submit announcements

Community members can advertise their upcoming event, meeting or class on the *Soundoff!* community announcements page by visiting ftmeade.army.mil and clicking on the Press Center tab.

Once you are in the Fort Meade Press Center, click on PA services, story or promotion request and electronic inquiry form.

Inquiry forms should be submitted at least two weeks before the date of the event, meeting or class.

For more information, call Editor Dijon Rolle at 301-677-6806.



FILE PHOTO

9/11 Remembrance Run

The installation will host a 9/11 Remembrance Run on Sept. 11 at 6:30 a.m. at McGlachlin Parade Field.

The 3-mile run is geared for runners of all levels.

The Fort Meade Army Substance Abuse Program and Applied Suicide Intervention Skills Training personnel will provide water stations and educational displays.

The free event is open to the community.

DHR closure

The Directorate of Human Resources will be closed all day on Sept. 10 for its

organizational day.

DHR offices are scheduled to reopen Sept. 11 at 7:30 a.m.

Community members are advised to plan accordingly.

Tech Expo

Members of U.S. Army Intelligence and Security Command are sponsoring a Technology Expo today from 10 a.m. to 2 p.m. at Club Meade.

The event will feature more than 20 exhibitors with information on audio-visual technology and network infrastructure and more.

To preregister, visit FederalEvents.com and click on the link for "Fort Meade Technology Expo."

Case lot sale

The Fort Meade Commissary will host a case lot sale today through Sunday from 9 a.m. to 7 p.m. in the commissary parking lot.

Nonperishable items such as laundry detergent, bathroom tissue and diapers will be available for purchase by patrons authorized to shop at the commissary.

'Sip and Share'

The Exceptional Family Member Program hosts "Sip and Share" on the first Thursday of every month from 9:30-10:30 a.m. at the Exchange coffee shop in the food court.

The next get-together is today.

The event is designed to allow participants to share their stories to encourage and inform one another about resources available in the local community.

For more information or to register, call 301-677-4779.

Community Job Fair

The Fort Meade Community Job Fair will be held Sept. 16 from 9 a.m. to 2 p.m. at Club Meade, 6600 Mapes Road.

The free event is open to all job-seekers.

More than 60 employers are expected to attend.

This is a great opportunity for individuals with active security clearance.

Bring plenty of resumes.

A resume doctor will provide free resume evaluation and preparation assistance.

Free parking and a shuttle bus service are available.

For a complete list of employers, go to ftmeademwr.com.

See **NEWS & NOTES**, page 14

NEWS & NOTES, From page 13**EFMP farm day**

The Exceptional Family Member Program is sponsoring an EFMP Day at the Farm on Wednesday from 8:30 a.m. to noon at 1141 Sunrise Beach Road in Crownsville.

For more information, call 301-677-5590.

BOSS Go-Kart

Better Opportunities for Single Service Members is sponsoring a Go-Kart Tournament on Sept. 19 at 6 p.m.

The event is open to all single service members of all ranks.

Cost is \$25. Registration is required by Sept. 11.

For more information, go to ftmeademwr.com.

'Celebration of Service'

AARP officials are hosting a "Celebration of Service" on Sept. 11 from 8 a.m. to 4 p.m. at the National Mall in Washington, D.C., near the Lincoln Memorial.

The event will be held as part of the Sept. 11 National Day of Service and Remembrance.

Service members, DoD civilians and their family members are invited to volunteer for the event.

Teams of volunteers will pack more than one million meals to help feed underprivileged seniors. The meals will go to food banks around the U.S., including those near military installations.

For more information, visit celebrationsofservice2015.org.

Farmers' market extended

The Fort Meade Farmers' Market is extended until Oct. 14.

Patrons will now have the opportunity to shop for fall squash, pumpkins and other seasonal produce.

Pick up lunch from the food truck vendors.

The farmers' market is open every Wednesday from 10 a.m. to 2 p.m. at the Pavilion, except for Sept. 16.

Vendors include:

- Friends and Farm fresh produce, meat, cheese
- Bullhead Pit Beef food truck
- Greek on the Street food truck
- Gepetto food truck serving barbecue brisket and more
- High Hopes Farm fresh produce
- Epic Bean Coffee
- Hope on Soap crafts
- KS Customs crafts
- Walter Farm garden-fresh produce
- Quick Wraps farm-to-truck food truck

• What's Popping Gourmet Popcorn (new vendor)

For more information, call 301-677-3579.

Women's focus group

Members of the Fleet and Family Support Center are hosting a monthly women's focus group beginning Tuesday from 2:30-3:30 p.m. at the center located at 2212 Chisholm Ave.

The focus group is open to active-duty service members, DoD civilians and their family members.

Each session will cover topics related to sexual assault prevention.

The group is designed to help participants increase knowledge about the influence of popular culture and attitudes on norms and beliefs regarding sexual violence.

For more information, call 301-677-9040.

Swinging Squares

The Swinging Squares is a family-friendly, square dance club serving Fort Meade and the surrounding community.

Swinging Squares dances are held the third and fifth Saturday each month from September to May (excluding school holidays) from 7:30-10 p.m. at Meade Middle School.

Dancers of all ages are welcome. Children must have completed third grade and be at least 9 years old.

A free introduction to modern, western square dancing will be offered Sept. 24 from 7-8:30 p.m. at Meade Middle School.

Classes are held Thursday nights at 7 p.m.

Session 1 runs from Oct. 1 to Dec. 17. Cost is \$60 for 11 weeks.

For more information, call Darlene at 410-519-2536 or Carl at 410-271-8776.

EDUCATION**ASAP training**

The Army Substance Abuse Program's prevention training will be held Sept. 11 and Sept. 28 from 9-11 a.m. and 1-3 p.m. at the Post Theater, and Sept. 15 and Sept. 17 from 9-11 a.m. and 1-3 p.m. at Smallwood Hall..

For more information, call 301-677-7983.

Homeschool Group

The Fort Meade Homeschool Group meets throughout the year for field trips and social outings.

For information on upcoming events, visit the "Fort Meade Homeschool Group" on Facebook. Go to <https://www.face->

book.com/groups/FortMeadeHomeschoolGroup/

Financial, Employment Readiness

Army Community Service offers Financial Readiness and Employment Readiness classes to all ranks and services and to DoD civilian employees at the Community Readiness Center, 830 Chisholm Ave.

Registration is required for each class.

To register or for more information, call 301-677-5590 or go to fortmeadeacs.checkappointments.com.

Free classes

The Navy Fleet and Family Support Center offers a variety of classes at its facility at 2212 Chisholm Ave.

The free classes are open to DoD ID cardholders including active-duty service members, retirees and their family members, DoD civilian employees and contractors.

Registration is required for each class.

Financial:

Banking Basics: Tuesday, 9-11 a.m.

Car Buying: Sept. 15, 9-11 a.m. at ACS

Getting Out of Debt: Sept. 22, 9-11 a.m. at the Community Readiness Center

Money-Smart Kids: Sept. 28, 9-11 a.m. at the Community Readiness Center

Paying for College: Sept. 29, 9-11 a.m.

Employment:

Ten Steps to a Federal Job: Sept. 15, 9 a.m. to noon

Interviewing Skills: Sept. 22, 9 a.m. to noon

Working A Job Fair: Sept. 29, 9 a.m. to noon

Life Skills

Meet & Greet: Sept. 10, 5-7 p.m.

Effective Communication: Sept. 10, 9-11 a.m.

Building Relationships: Sept. 11, 9-11 a.m.

Stress Management: Sept. 14, 9-11 a.m.

Anger Management: Sept. 15, 9-11 a.m.

Higher Education: Sept. 16-17, 8 a.m. to 4 p.m.

Common Sense Parenting: Sept. 21, 9-10 a.m.

Topic: Preventing Misbehavior

Military/Retirement

Pre-Separation Brief: Sept. 10, 9-11:30 a.m.

Retirement Brief (within two years of retirement): Sept. 14, 8-11:30 a.m.

DTAP (Transition Assistance Program) Brief: Sept. 14, 1-2:30 p.m.

Retirement Transition: Sept. 21, 9 a.m. to noon at ACS

Deployment Brief: Sept. 17, 10-11:30 a.m.

TGPS (Transition, Goals, Plans and Success) Workshop: Sept. 21-25, 8 a.m. to 4 p.m.

Medical Records Review: Appointment

required

To register or for more information, call 301-677-9017 or 301-677-9018.

YOUTH**Storytime**

The Children's Library offers pre-kindergarten Storytime on Thursdays at 9:30 a.m. and 10:30 a.m. at Kuhn Hall, 4415 Llewellyn Ave.

• Today: Back to School: celebrating the return to school

• Sept. 10: "If You're Happy and You Know It" — stories with a musical theme

• Sept. 17: "Baby Bear Sees Blue" — stories about colors

• Sept. 24: "Hooray for Fall" — stories about autumn

For more information, call 301-677-5677.

Back-to-School Party

The Teen Center will sponsor an Open House/Back-to-School Party on Sept. 18 at 2:30 p.m.

The event is free for members. Cost is \$2 for nonmembers.

Learn about the center's programs and meet the staff.

Enjoy games, snacks and music.

For more information, call 301-677-6054.

Book, movie

Participants at the Teen Center will read and discuss Harper Lee's "To Kill A Mockingbird" on Tuesday and Sept. 15, 22 and 29 at 4:30 p.m. and view the movie Oct. 20.

The program is free to members and \$2 for nonmembers.

For more information, call 301-677-6054.

Youth Fishing Rodeo

The Meade Road and Gun Club and the Directorate of Family and Morale, Welfare and Recreation are sponsoring Fort Meade's annual Youth Fishing Rodeo on Sept. 19 from 8 a.m. to 1 p.m. at Burba Lake.

Registration begins at 8 a.m. at Area #5.

The free competition is open to ages 3-15.

For more information, go to ftmeademwr.com.

SKIES classes

Full instructional classes for Schools of Knowledge, Inspiration, Exploration and Skills Unlimited are open for registration.

Classes include driver's education, piano, swimming, dance, tae kwon do and

tumbling.

Registration information is available at Child, Youth and School Services' Parent Central Services office at 1900 Reece Road.

For more information, including registration deadlines, call 301-677-1156/1149/1104.

Patrons already enrolled with CYSS can register for classes online at ftmeademwr.com.

Romp 'n Stomp

Romp 'n Stomp playgroup for children ages 5 and younger and their parents meets Tuesdays from 9:30 to 11:30 a.m. at the Youth Center gym at 909 Ernie Pyle St.

For more information, call 301-677-5590 or email colaina.townsend.ctr@mail.mil.

Weekly playgroup

Children ages 4 and younger are invited to a weekly playgroup held every Friday from 10:30 a.m. to noon at the Family Advocacy Center, 2462 85th Medical Battalion Ave.

The playgroup features a variety of engaging activities to build strong parent-child relationships.

Space is limited. Registration is required for each session.

For more information, call 301-677-5590.

RECREATION

Out & About

• **Maryland State Fair** runs through Monday at the Maryland State Fairgrounds, 2200 York Road, Timonium.

Admission is \$8 for adults; \$3 for children ages 6-11; and \$6 for seniors age 62 and older.

The state fair features carnival rides and concessions, farm produce, live entertainment and contests.

Sausage eating contest: Sunday at 3 p.m.

Uprooted Chainsaw Performance Artist: Monday from 1-7 p.m.

Concerts include Fifth Harmony on Saturday from 8-10 p.m.; Latino Music Festival on Sunday from 6:30-10 p.m.; and Beatlemania Returns on Monday from 6-9 p.m. Concert ticket prices vary.

Negro League Baseball Exhibit: Daily, 10 a.m. to 10 p.m.

Thoroughbred horse racing: Daily, from 1-5 p.m.

Swiftly Swine Racing Pigs: Daily at 12:30, 2:30, 4:30, 6:30 and 8 p.m.

Arm Wrestling Competition: Saturday, from noon to 4 p.m.

For a complete schedule of events or more information, go to marylandstatefair.com or call 410-252-0200.

• **Piedmont Wine Tour**, sponsored Sept. 12 at 10 a.m. by the Directorate of Family and Morale, Welfare and Recreation, features a tour of three Maryland vineyards.

Cost is \$45. Space is limited.

For more information, go to ftmeademwr.com.

• **Leisure Travel Services is offering its next monthly bus trip to New York City** on Sept. 19, with discounts to attractions. Bus cost is \$60. For more information, call 301-677-7354 or visit ftmeademwr.com.

MEETINGS

• **Monthly Prayer Breakfast**, hosted by the Garrison Chaplain's Office, is held the first Thursday of every month at 7 a.m. at Club Meade. The next prayer breakfast is today. There is no cost for the buffet. Donations are optional.

Menu features eggs, bacon, sausage, biscuits, gravy, grits, Danish, fruit, coffee and ice water.

All Fort Meade employees, family members, and civilian and military personnel are invited.

For more information, call 301-677-6703.

• **Moms of Multiples Group** meets today and Sept. 17 at the Family Advocacy Center, 2462 85th Medical Battalion Ave. For more information, call 301-677-4118.

• **Meade Rod and Gun Club** meets the first Thursday of the month at 7 p.m. at Perry's Restaurant and Odie's Pub at 1210 Annapolis Road, Odenton, in the banquet hall in back of the building. The next meeting is tonight. Dinner is served at 6 p.m. For more information, call Charisma Wooten at 240-568-6055.

• **National Alliance on Mental Illness of Anne Arundel County** offers a free support group for families with a loved one suffering from mental illness on the first Thursday of every month at 7 p.m. at the Odenton (West County) Library, 1325 Annapolis Road. The next meeting is tonight. For more information, visit namiac.org.

• **NARF Chapter 1519 Glen Burnie** will meet Tuesday at 1 p.m. in the Holy Trinity Parish Hall, 436 Baltimore-Annapolis Road, Glen Burnie.

The guest speaker for the National Active and Retired Federal Employee Association is Ann Healy, who will discuss Medicare as it pertains to federal employees and retirees.

For more information, call Don A. Bender, chapter co-president, at 410-787-0390.

• **Fort Meade TOP III Association**

meets the second Wednesday of each month at 3 p.m. at the Conference Center. The next meeting is Wednesday. The association is open to all Air Force active-duty and retired senior noncommissioned officers. For more information, call Master Sgt. Jonathan Jacob at 443-479-0616 or email jajacob@nsa.gov.

• **Resiliency of Men Group** will meet Wednesday and Sept. 23 from 1-4:30 p.m. at the Family Advocacy Center, 2462 85th Medical Battalion Ave. For more information, call 301-677-4118.

• **Fort Meade Chapter of the Military Officers Association of America** will hold its next luncheon meeting on Sept. 10 at 11:30 a.m. at the Conference Center.

The featured speaker is Brig. Gen. Andrew Veronis, who will brief on the status of the Greek Air Force.

The public is invited. Cost of the luncheon is \$15. For reservations, call Rebecca Conover at 410-964-3237.

• **Fort Meade E9 Association** meets the second Friday of every month at 7 a.m. in the Pin Deck Cafe at the Lanes. The next meeting is Sept. 11.

The association is open to active, retired, Reserve and National Guard E9s of any uniformed service. All E9s in this area are invited to attend a breakfast and meet the membership. For more information, go to e9association.org.

• **Meade Branch 212 of the Fleet Reserve Association** meets the second Saturday of each month at 10 a.m. at VFW Post 160, 2597 Dorsey Road, Glen Burnie. The next meeting is Sept. 11. Active-duty, Reserve and retired members of the U.S. Navy, Marine Corps and Coast Guard are invited. For more information, call 443-604-2474 or 410-768-6288.

• **The Retired Enlisted Association** meets the third Tuesday of the month from 7:30-8:30 p.m. at Perry's Restaurant, 1210 Annapolis Road, Odenton. The next meeting is Sept. 15. For more information, visit trea.org or call Elliott Phillips, local president, at 443-790-3805; Charles M. Green, local president at 443-610-4252; or Arthur R. Cooper, past national president, at 443-336-1230.

For more information about becoming a TREA member, go to trea.org or call Charles Green, the local chapter president, at 443-610-4252 or email Cgreen151@verizon.net.

• **Military District of Washington Sergeant Audie Murphy Club** meets the third Wednesday of each month from noon to 1 p.m. at the Joint Base Myer-Henderson Hall Dining Facility in Virginia. The next meeting is Sept. 16.

All members and those interested in joining the club are welcome. For more information, contact Master Sgt. Erica Lehmkuhl at erica.lehmkuhl@us.army.mil or 301-833-8415.

MOVIES

The movie schedule is subject to change. For a recorded announcement of showings, call 301-677-5324. Further listings are available on the Army and Air Force Exchange Service website at www.aafes.com.

Movies start Fridays and Saturdays at 6:30 p.m. and Sundays at 2 p.m.

PRICES: Tickets are \$6 for adults (12 and older) and \$3.50 for children. 3D Movies: \$8 adults, \$5.50 children.

Today through Sept. 19



Friday & Sunday: "Minions" (PG). Minions Stuart, Kevin and Bob are recruited by Scarlet Overkill, a supervillain who, alongside her inventor husband Herb, hatches a plot to take over the world. With the voices of Sandra Bullock, Jon Hamm, Michael Keaton.

Saturday: "The Gallows" (R). Twenty years after a horrific accident during a small town school play, students at the school resurrect the failed show in a misguided attempt to honor the anniversary of the tragedy — but soon discover that some things are better left alone. With Reese Mishler, Pfeifer Brown, Ryan Shoos.

Sept. 11: "Paper Towns" (PG-13). A young man and his friends embark upon the road trip of their lives to find the missing girl next door. With Nat Wolff, Cara Delevingne, Austin Abrams.

Sept. 12 & 18: "Trainwreck" (R). Having thought that monogamy was never possible, a commitment-phobic career woman may have to face her fears when she meets a good guy. With Amy Schumer, Bill Hader, LeBron James.

Sept. 13 & 19: "Ant-Man" (PG-13). Armed with a super-suit with the astonishing ability to shrink in scale but increase in strength, cat burglar Scott Lang must embrace his inner hero and help his mentor, Dr. Hank Pym, plan and pull off a heist that will save the world. With Paul Rudd, Michael Douglas, Evangeline Lilly.